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Get ready to party



thenewhammag

issue 237 // 20 January – 3 February 2012



**Lianne's
going to
the Games**

Our latest Inspiring People
Rewards winner (p15)



is this
my room?

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With fewer than 200 days until the Games begin, make a date with us to celebrate in 2012 (p26). We showcase the talents of Newham Swords, who really are a cut above the rest (p14) and meet another Inspiring Person who has been

rewarded with tickets to the Games. It's not too late to get your nominations in; read more on p15.

And there's no place to hide as we step up the fight against illegal 'sheds with beds' (p10).

Enjoy the read.

*Cllr Joy Laguda
Executive member for
older people and adults*

Don't forget – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

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STAFF PHOTOGRAPHER: Andrew Baker

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Look out for the next issue from 3 February 2012

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IN BRIEF //

Dive into lifeguard coaching

Female residents aged 16 to 19 that can swim at least 50 metres are invited to a free course that could lead to a nationally recognised pool lifeguard qualification and a career in the leisure industry.

The course is being held to increase the number of female lifeguards and normally costs £270. Anyone who meets the minimum criteria will be invited to a short interview and pool test on Monday 30 January from 4-6pm at Newham Leisure Centre, Plaistow.

The course will take place February during the half term. To book a place at the test evening email Sarah Ridgway at sarah.ridgway@gll.org or visit www.newham.gov.uk/swimming

All hail to rank improvements

The taxi rank at Meridian Square outside Stratford Station will be closed for approximately four weeks from 23 January while Newham Council carries out improvements.

A temporary rank is being set up in nearby Station Street. Passengers should exit Stratford Station, turn right and follow the signs that will be in place.

The existing rank is being widened to improve traffic flow and accommodate more taxis.

Marking the Holocaust

Gillian Walnes, of the Anne Frank Trust, and West Ham United chairman David Gold will join Sir Robin Wales, residents and schoolchildren at a free event to mark Holocaust Memorial Day (HMD) on Friday 27 January at Newham Town Hall, Barking Road, East Ham, from 10am-12noon.

HMD is an internationally recognised event that provides the opportunity for everyone to learn the lessons from the Holocaust, the Nazi persecution and mass murder of Jews and other minority groups. For more information visit www.newham.gov.uk

New CCTV vans take to the road

Newham Council's CCTV network has gone mobile, with two new vans hitting the road to tackle crime and anti-social behaviour.

The vans, unveiled by Mayor Sir Robin Wales and Nick Bracken, director for community safety, will provide high quality video images and still photographs of incidents, offences and offenders.

They will be assigned to priority and hotspot areas across Newham as needed. They will help tackle fly-tipping, gain evidence to serve Anti-social Behaviour Orders and alcohol-related disorders and help enforce dispersal zones.

Mayor Sir Robin Wales said: "Residents tell us that tackling crime and anti-social behaviour is one of their key priorities. CCTV is a highly effective tool. These vans will make a big difference. Our message to criminals is stark and simple: we won't stop until we get you."

Newham's CCTV network assisted police with identifying many of the local perpetrators during the disturbances last August, helping officers make 125 arrests so far.



Sir Robin, left, and Mr Bracken launch the vans

Hammer burglar is nailed

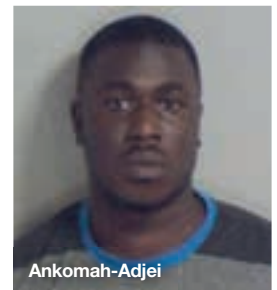
A 21-year-old has been sentenced to a total of 32 months imprisonment for offences committed during the disturbances last August.

Ebenezer Ankomah-Adjei, from Canning Town, admitted two charges of burglary and one of violent disorder. His image had appeared in the *Newham Mag* as a person wanted by police for questioning as part of Operation Withern, the investigation into the events leading up to and during the disturbances.

Wood Green Crown Court heard Ankomah-Adjei armed himself with a hammer prior to breaking into Santander Bank in High Street North, East Ham, with a group of associates.

They then went to the nearby Ria International Money transfer shop where Ankomah-Adjei used the hammer to smash through the security glass. The group made off with £19,000.

Det Con Ben Dalloway from Newham's Operation Withern team said: "This is a significant sentence handed out to one of the ring leaders of the disorder in High Street North on 8 August."



Ankomah-Adjei



News

Start of tunnel vision

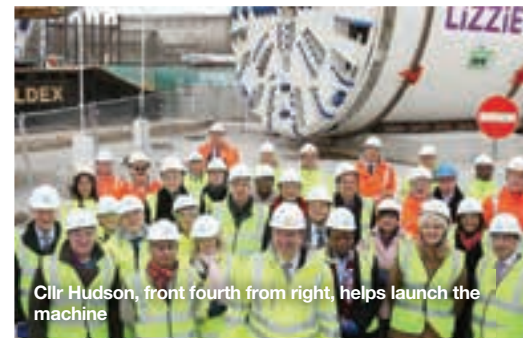
Newham's Deputy Mayor Councillor Lester Hudson was on hand as a giant tunnelling machine was lowered into a shaft deeper than any other in London.

The £635m four-mile Lee Tunnel between Beckton and Stratford will prevent 16m tonnes of sewage entering the River Lee each year – a result of old Victorian sewers not being big enough to cope with heavy rain.

The machine was named Busy Lizzie by Ryan Waters, 10, from Stratford's Maryland School. He won a competition involving hundreds of Newham pupils.

Busy Lizzie is eight metres in diameter – wider than three double-deck buses side-by-side – and 120 metres long. Thames Water expect tunnelling to progress at a rate of 17 metres per day. It is expected to finish in late 2013.

Cllr Hudson said: "This is a major boost in dealing with the unacceptable problem of sewer discharges during heavy rain."



Cllr Hudson, front fourth from right, helps launch the machine

Brake put on Blue Badge fraud

Changes to the Blue Badge parking scheme were introduced on 1 January as part of Government moves to prevent illegal use of badges and to ensure only genuine users benefit.

The new design for Blue Badges will incorporate an anti-fraud hologram to help reduce theft.

Other changes include an online application facility to enable customers to get their badge more quickly and a £10 fee to cover the cost of issuing and producing the badges.

Councillor Joy Laguda, executive member for older people, said: "Fraudulent use of Blue Badges is widespread and these changes will make it harder for someone to use a badge they are not entitled to use, which will also help keep disabled bays free for genuine Blue Badge users."

Customers who have an existing badge can continue to use it until it expires. For more details about the Blue Badge reform log onto the Department for Transport website at www.dft.gov.uk or visit www.newham.gov.uk



Wanted: Paralympic Games performers

The search has begun for enthusiastic and energetic adults to take part in the opening and closing ceremonies of the London 2012 Paralympic Games.

Around 5,000 volunteers are needed as dancers, actors, percussionists and general all-round performers.

Applicants must be able to participate in up to two auditions on evenings and weekends in February and March, up to two or three rehearsal sessions each week of up to four hours per session from June, and a number of all-day rehearsals in the three weeks leading up to each ceremony.

To be eligible applicants must be 18 or older on 1 March. The deadline for receipt of applications is 13 February. People can register their interest by completing an online application form at www.london2012.com/ceremoniescasting

Disappointment on health merger bid

Newham Council has expressed disappointment over a decision by Government advisers to question the proposed merger of five local hospitals.

Newham University Hospital, Bart's and The Royal London Hospitals, the London Chest Hospital and Whipps Cross Hospital, could soon become part of a single trust under proposals by NHS bosses.

But the Co-operation and Competition panel, which advises the Department of Health, claim patients in Newham could be at risk under the plan and has suggested Newham be excluded from the merger.

Councillor Clive Furness, Newham's executive member for health, said: "The merger would create a single organisation that would sensibly manage five hospitals currently run by three separate health trusts.

"It would be one of the biggest NHS trusts in London and build on existing best practice and clinical expertise from within all three trusts to ensure maximum benefits for patients. The scale of the merger would deliver significant improvements in health inequalities across our diverse and unique community."

An atrocity that can never be denied

Each year on 27 January Newham remembers the horrendous crimes, racism and victimisation committed during the Holocaust against millions of Jewish men, women and children.

Holocaust Memorial Day marks the anniversary of the liberation of the concentration camp Auschwitz-Birkenau. The act of remembering it is our opportunity to learn the lessons from the Nazi persecution, strengthen our resolve to tackle anti-Semitism and all forms of discrimination.

“We must use the Games to bring together people of all cultures, creeds and ethnicities. In doing so we will build resilience through respect for difference and a shared sense of belonging.”

I invite you to join us at Newham Town Hall in Barking Road, East Ham, on Friday 27 January from 10am to 12noon, where local schoolchildren will help mark the day. The theme this year is ‘speak up, speak out’ and challenges those who continue to seek to deny the Holocaust.

Our guests include Gillian Walnes, the co-founder of the Anne Frank Trust, and David Gold, chairman of West Ham United. Both are tireless campaigners against anti-Semitism and hatred.

I know David is rightly proud of his Jewish heritage. In his autobiography



he says one of his most vivid memories is the anti-Semitism he endured as a boy. He also relates how at the age of 11, he went to a local cinema and saw harrowing pictures of the Belsen camp, which had a major impact on him.

In this Olympic year it is even more important to think about what could happen if we forget the lessons of the Holocaust. We must use the Games to bring together people of all cultures, creeds and ethnicities. In doing so we will build resilience through respect for difference and a shared sense of belonging.

We are a democratic and tolerant borough and will never condone prejudice, racism and other forms of bigotry. We must remain vigilant against any act of

discrimination and reinforce the importance of the Holocaust as a reminder of where such prejudices can lead.

“We all share a responsibility for making our borough a better place and making it stronger for the generations that follow.”

We all share a responsibility for making our borough a better place and making it stronger for the generations that follow. We can all do that by supporting Holocaust Memorial Day and showing that the suffering of the victims during the Holocaust – and those since – has not been in vain.



Mayor's view

Happy to put money where it matters most

Every parent wants their child to be happy and healthy. So I was intrigued to read newspaper reports of a survey by the Children's Society which claimed almost one in ten children over the age of eight are unhappy.

"We are putting money in families' pockets and helping children access the essential things that make them happier ..."

The report quizzed more than 30,000 youngsters aged eight to 16 in the UK. It made the point that well-being is closely related to income and that material goods do appear to affect a child's happiness.

It may be an obvious point to make, but yes, money matters. So much of what really accounts for happiness depends on being able to make ends



meet. If you can't feed your family, heat your home or pay your rent it's a recipe for unhappiness and reinforcing disadvantage.

Child poverty is a national scandal. Thirty seven per cent of children in Newham are growing up in workless households. But as a council we are making a difference.

We are putting money in families'

pockets and helping children access the essential things that make them happier – and I'm not talking about games consoles or other luxuries.

We are one of only two councils in the country who offer universal free school meals to primary school children. That is the equivalent of £500 extra income per child before tax.

Our children get free swims, the biggest range of free sporting activities in the country, free lessons to learn to play a musical instrument and the instrument too. These make a real difference to the quality of life for our families.

Happiness is important – and the happiness of our children really matters. The Children's Society are right to draw attention to that, but we mustn't let others use it as a way to suggest that income poverty does not matter.

The coalition government wants us to admit that there's more to life than money and it's time we focused on general wellbeing instead. Trying to take poverty away from income is missing the point and would cause lasting damage in our borough.



with Sir Robin Wales

Save time: **do it online**

If you need to make a payment to the council, you can now do even more from the comfort of your home computer, or on one of the free to use PCs at any of our libraries.

Pay it

Visit **www.newham.gov.uk/payit** to see how easy it is to pay for council services online. If you don't want to pay online, you can pop into your nearest Local Service Centre (LSC) or library and use our new self-serve kiosks. These are up and running in East Ham, Stratford and Forest Gate LSCs and Canning Town, Green Street and North Woolwich libraries.

Self-serve kiosks will be available in Stratford Library and Beckton Globe Library when they re-open after refurbishment in the spring.

My Newham

Keep track of the enquiries you have made and their progress. Forms for carrying out a wider variety of transactions

have been added to the My Newham section of the website. These will make it even easier for you to report problems in your neighbourhood, including anti-social behaviour and noise nuisance, or apply for a service such as a bulky waste collection. You can also select the exact location of a problem on a map instead of having to provide an address.

It is now possible to see your balance and full statement when you pay your Council Tax or rent online. Register now at **<https://my.newham.gov.uk>**

Parking

This month, residents living within parking zones will be able to apply for visitor vouchers online.

The number of vouchers that can

be purchased per calendar month has been reduced to four books of ten to ensure ease of parking for residents in RPZ areas. Visit **www.newham.gov.uk/ParkingAndTransport** for further information.

The council aims to remove all council cash offices by 2 March. If you currently make payments at a cash office you will need to find an alternative method. Visit **www.newham.gov.uk/cashless** for more information.



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- Counselling (CBT and Integrative)
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- English
- **Sociology**
- Coaching psychology

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- **Tuesday 7th February 4.00pm – 8.00pm**

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workplace
Creating a better future

Recruitment for 1000s of games-time jobs is happening between now and February 2012 to ensure that the 2012 Olympic and Paralympic Games are the best the world has ever seen. Act now to apply for jobs in the following areas:

- > **Retail**
- > **Catering**
- > **Cleaning**
- > **Security**
- > **Stewarding**
- > **Administrative**

The majority of the roles are short term (2 - 9 weeks) but there are some longer-term positions available to start immediately. Whether you are a student, parent or looking to enhance your CV, this is a unique opportunity to be a part of the greatest show on earth!

Workplace is co-ordinating games-time applications from all Newham Residents. You can call into your nearest office or register on the link below and a member of our dedicated games-time team will be in touch:

www.newhamworkplace.co.uk/2012Jobs.htm

Stratford
Boardman House,
64 Broadway,
Stratford,
London E15 1NT

Canning Town
The Place,
2 Silvertown Way,
Canning Town,
London E16 1EA

East Ham
Opposite Newham Town Hall,
High Street South,
East Ham,
London E6 6ER

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HOMING IN ON ILLEGAL HOUSING

If you have a large shed or outbuilding on your property, council officers will be knocking at your door one day soon. We are visiting all households in the borough to expose ‘sheds with beds’ – illegally rented dwellings, often lacking basic facilities such as running water or heating and usually unfit for human habitation.

Why should you care if some people are renting out their sheds as homes? Nuisance noise, fly-tipping, anti-social behaviour and burglary are just some of the problems connected with this type of housing. You tell us that these are the issues that concern you most. Illegal overcrowding is a strain on council resources that we cannot predict or plan for and, because we often don't receive Council Tax for these extra residents, the burden of paying for them falls on everyone else.

On top of the costs to neighbouring residents, there is a human cost to those living in the sheds too: during a pilot scheme in Forest Gate we discovered outbuildings where people were living in shocking conditions.

“The living conditions in these sheds with beds are nothing short of criminal. Tenants are being exploited and lives put at risk. No one deserves to live like this.”

Executive member for crime and anti-social behaviour, Councillor Unmesh Desai, said: “The living conditions in these sheds with beds are nothing short of criminal. Tenants are being exploited and lives put at risk. No one deserves to live like this. We want unscrupulous landlords of these properties to know that we will not rest until we have put an end to this practice, and we will be taking action against every single one that we find.”

FIRESTARTER

This shoddy, taped-up wiring is a fire hazard, endangering lives. The crumbling ceiling and damp marks are signs of general neglect.



HELL'S KITCHEN

The grime and disrepair in this kitchen show a disregard for tenants' basic comforts and health.



CELL BLOCK

Despite there being almost no natural light or ventilation in this garage, which was designed to house cars, not people, there were tenants living here.



SQUALOR

This flytipped rubbish is typical of an area where there are sheds with beds. More people leads to more refuse.



MIND THE GAP

The building work on this bathroom shows how poor standards of living are in this dwelling; a sloppy job means the walls don't even meet the shed ceiling.



When we discover illegal dwellings like the ones above, we will take action.

We will:

- > demolish any new building without the correct permissions that is being used to house people**
- > prosecute landlords of illegal dwellings**
- > consider withholding a licence for the landlord concerned.**

If you do open the door to one of our officers, there's no need to be concerned. All they want to do is look at the outbuilding on your property; it will be obvious very quickly if it is

being used to house people. We know residents may not be in when we visit, so officers may take a look to identify such sheds. Keep yourself safe by checking they are who they say they are: all officers will introduce themselves and the project and hold photographic Newham Council identification.

To report a shed or outbuilding that you suspect is being used as housing, contact the planning enforcement team on 020 3373 8300 between 9am and 1pm weekdays or email planningenforcement@newham.gov.uk



Do you live in Newham and want to teach music?

The Mayor of Newham has developed a ground-breaking programme called Every Child a Musician (ECaM), which provides free music tuition in schools to children aged 9 to 11 years old. Newham Council is helping talented musicians to become music tutors through our Local Tutor Training Programme.

- > Can you play an orchestral instrument, the keyboard or guitar to at least Grade 6?
- > Do you want to develop your teaching skills and experience so you can become a music tutor?

If the answer is yes, then why not apply for our **FREE Local Tutor Training Programme**.

Children participating in ECaM play the following instruments: clarinet, flute, guitar, violin, viola, keyboard, trumpet and trombone.

Local Tutor Training Programme

The programme will give you the skills and experience to apply for music tutor employment. The course is **FREE** and offers:

- > music tutor training
- > opportunities to work with experienced tutors
- > a route into a rewarding career of inspiring young people through music.

The course is part-time, involves some distance learning and runs from February/March 2012 – July/August 2012.

To apply you need to:

- > live in Newham
- > have limited experience of teaching any musical instrument you are able to play

- > be proficient in one of the instruments listed to an advanced level
- > have good communication skills, especially with children
- > have a passion for music.

For more information and an application form please call **020 3373 1181** or email: ecam.tutor@newham.gov.uk

a place where people choose to
live, work & stay

Better chances, longer learning

You don't need a degree to know that the better the training and qualifications you have, the better your chances of getting a good job. As the world of work becomes more and more competitive, the Government is raising the age that you must stay in education or training from 16 to 18.

This new policy, known as Raising the Participation Age, means any young person who would leave school at 16 will, by law, need to remain in education or training until the age of 18. This doesn't necessarily mean an extra two years in school; there will be a choice of academic and vocational learning options.

These include:

- > **full-time education, such as school, college or home education**
- > **work-based learning, such as an apprenticeship**
- > **part-time education or training if you are employed, self-employed or volunteering for more than 20 hours a week.**

When does this change take effect?

If you'll be in year 11 in 2013 you will need to remain in learning until you're 17. From 2014 all young people will need to undertake training or education until they are 18.

What do I need to do?

Start thinking about the type of learning or training you need to get you where you want to be in the future. From the age of 14, you will have more choice about which route you'd like to follow. This includes more traditional pathways like GCSEs and A levels and other qualifications such as apprenticeships and vocational courses. Your teacher or school's career adviser can help you decide what suits you best.

Here are some of the different educational pathways open to you:

Ex-Langdon student **Carolyn Lawson**, 17, is studying A-levels in English literature and language, government and politics and sociology at Newham Sixth Form College (NewVIc).



After completing a CYQ Fitness Instructing Level 2, **Claire Coyle**, 19, former student at Royal Docks Community School, is now undertaking a customer Service Apprenticeship (Fitness) at Newham College of Further Education.

Former Eastlea Community School student **Nicholas Stoll**, 18, studied level 2 BTEC diploma art and design at NewVIc.



The following websites can help you decide what to do after you turn 16:

[www.direct.gov.uk/en/
EducationAndLearning/14To19](http://www.direct.gov.uk/en/EducationAndLearning/14To19)

www.apprenticeships.org.uk

[www.direct.gov.uk/en/EducationAndLearning/
UniversityAndHigherEducation](http://www.direct.gov.uk/en/EducationAndLearning/UniversityAndHigherEducation)

www.newham.gov.uk/EducationAndLearning

On point



Fencing is one of only four sports that have featured in every single summer Olympic Games. More than just sword fighting, it is a modern version of an ancient duelling sport that tests speed and stamina as well as mental agility.

Sharpen up with fast fencing facts

- > Three types of weapons are used in Olympic fencing: the foil, the slightly heavier épée and the sabre.
- > Fencing events at this summer's Games will be held at ExCeL in Custom House.
- > After the Paris 1924 Games, the Italian and Hungarian teams settled a scoring controversy with a real-life duel.
- > Although fencing was originally named after the Old English word for 'fight', the word 'fence' is from the French 'defens', which means defence.



Fabulous fencers

Newham fencing fans can join a club that is rattling sabres all over the country: Newham Swords. Although the club has only been going since 2002, it already boasts more than 100 members. The coaching team is headed up by two former Olympians, club manager Linda Strachan and head coach Pierre Harper, who pass on their huge knowledge of the sport to the young fencers.



Newham Swords ended 2011 on a high note after four of its younger fencers each made the top four of the Premier and Leon Paul Junior Series Rankings, whilst another three were selected for the England U15 Team, and a further seven selected for the GB U17 and U20 Teams.

Newham Swords now has a total of 11 internationals representing England at U15 level and Great Britain at U17 and U20 level.

Want to become a sword star?

Tuesday	Thursday	Friday
6.30-9.30pm Newham Leisure Centre, Plaistow	6.30-9.30pm Newham Leisure Centre, Plaistow	7.30-10pm Newham Leisure Centre, Plaistow

All equipment will be provided; you will only have to wear tracksuit bottoms and a t-shirt. Please bring some water.

Sessions range from mini-fencing for 4-10 year olds up to senior sessions, which include elite level athletes and attract both male and female participants.

Sessions cost £2. For more information contact Linda on 07956 618 898 or email fencing@newhamswords.co.uk



Olympic ticket winner

Lianne Jameson is the latest recipient of an Inspiring People Reward. She and other amazing residents are getting a money-can't-buy thank you in the form of a pair of high demand tickets to the London 2012 Games.

In their spare time, most 16-year-olds hang out with friends, watch TV or surf the internet. But when Lianne turned 16 she started volunteering at West Ham Amateur Boxing Club (ABC). She said: "I used to go to the club to watch my dad's friend box. I liked being there. When I asked if I could help out I didn't think they'd say yes." Fourteen years on, Lianne is as familiar a sight in the club as a boxing ring.

The Canning Town resident was nominated by Carl Barton, boxing development officer at Newham Council, who described her as a "driving force at West Ham ABC for all her adult life".

In a male-dominated world Lianne has become something of a heavyweight and earned the respect of some tough guys. She said: "When I started volunteering, women in boxing were unheard of. It was

very old school and the men were clear about what a woman's role should be, but I watched and learned."

Working full-time and offering an extra pair of hands at the club, she supported former matchmaker (the person who makes fights happen) Jimmy Murphy. After Jimmy died, Lianne continued his work and has been instrumental in helping the club grow from strength to strength.

Now, as club secretary she's helped take boxing out of the ABC's headquarters and into colleges and community centres, and is currently helping the club to achieve ClubMark, an official boxing accreditation.

It's no surprise that Lianne is already involved in supporting the 2012 Games. She said: "I'll be taking our team of Young Games Makers to the boxing, who will be accompanying GB boxers into the ring."

Surprisingly, Lianne's dream ticket to the Games isn't for boxing. "I'd love to watch the 100-metre finals. I've always watched the Olympics as a kid, and I've got a small Usain Bolt obsession!

"The Games have boosted the kids at the club. There's a real buzz which will become greater as the summer approaches."

Nominate now!

Nominate your Inspiring Person and they could be rewarded with tickets to the London 2012 Games – they may even take you with them! Visit www.newham.gov.uk/inspiringpeople and complete the online form.



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EAST HAM CAMPUS:
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* ALL COURSES ARE SUBJECT TO SUFFICIENT DEMAND



the newham mag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk

The longer you've been out of work, the harder it can be to get a job. Workplace, Newham's employment service, is making the process a little easier by giving parents and carers the skills, confidence and motivation they need to bag a job. And all it takes is three days.

Take Three Days is a new course aimed at parents and carers who have been out of work because of their childcare or caring commitments. Delivered in small groups of no more than 12 people during the school day, the course helps get residents back on the road to employment with CV workshops, assistance with their presentation skills and the confidence to tackle interviews.

Anna Floris is one of the first residents to do the course. The East Ham resident left her job as a tour operator after the birth of her daughter six years ago. She said: "I've been out of work for a while so finding a job was tough. I'd signed up

with a few agencies and applied for some jobs, but nothing ever came back.

"My advisor at Workplace in East Ham suggested that the Take Three Days course would be good to get me prepared for work. I was positive about it; I liked the idea of finding out who I was again."

As well as meeting people in the same situation as her, Anna found the course opened her eyes to what employers were looking for. She said: "We spoke about our strengths and weaknesses, and took turns to be interviewed, as well as interview each other. As a mum, I found out I had a lot of skills that employers were looking for but, as I wasn't using

them in a working environment, they weren't always obvious to me."

Since completing the course Anna's confidence has improved and so have her job prospects – she has three interviews lined up. "The course has really helped me and I'm recommending it to other parents I know. If I can help someone in the way that I have been helped I'd love that."

Got Three Days?

If you'd like to sign up for the free Take Three Days course speak to Workplace. Call **020 3373 1101** for more information. Visit **www.workplace.co.uk** for details about the service and how to register.

Change your life in three days





METROPOLITAN
POLICE

Working together for a safer London

Newham

Newham London

POLICE, COUNCIL, ACTION!

A new year may have dawned but we are still seeking the criminals responsible for last summer's disturbances. So far, thanks to you, 125 arrests have been made in connection with disturbances in Newham.

But there are even more people going unpunished for crimes of violence, thievery and vandalism. *The Newham Mag* will continue to publish photos of the guilty as long as residents continue to supply information on them – so here are another batch for you to scrutinise – do you know them? Do you recognise their clothing? If you have any information at all, please get in touch.

Anyone with information can contact 020 8217 5453 or Crimestoppers anonymously on 0800 555 111, quoting the reference number alongside the image.

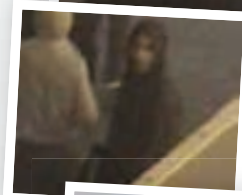
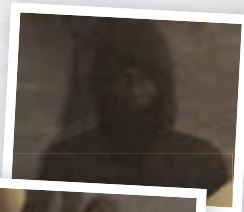
Supermarket sweep

Did you witness a 'ram raid' that took place at ASDA in Beckton on Monday 8 August 2011, during the London disorder?

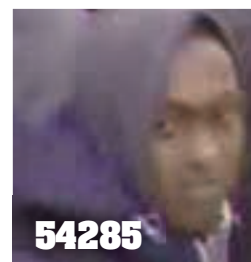
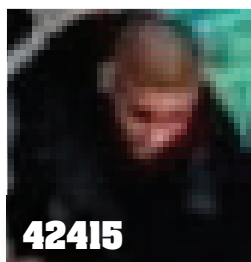
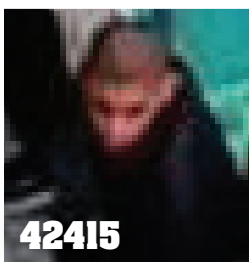
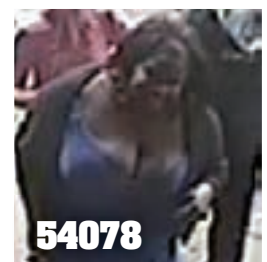
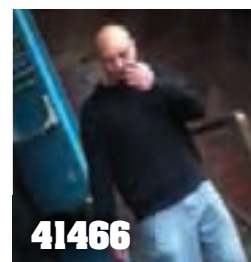
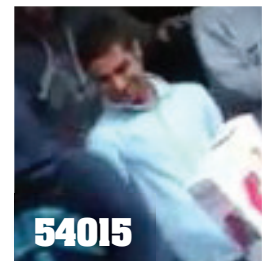
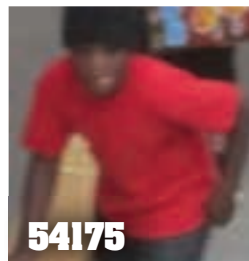
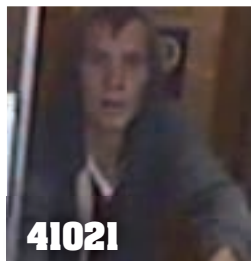
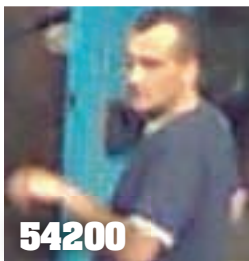
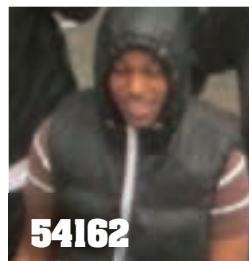
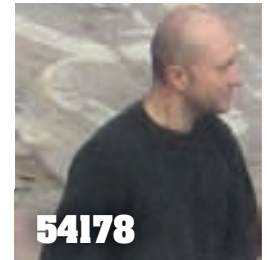
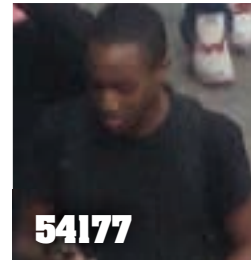
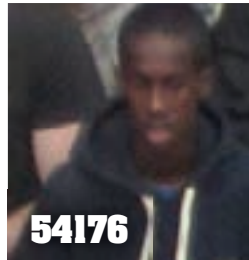
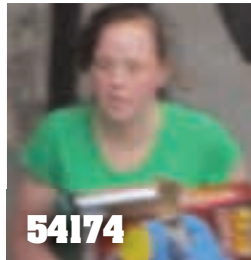
At around 10pm, a group of around 30 young people used a stolen black Mercedes, registration MM53 LHR, to smash an ATM machine at ASDA in Beckton. Some of them drove the Mercedes into the wall where the ATM machine was and then tried to remove it using another

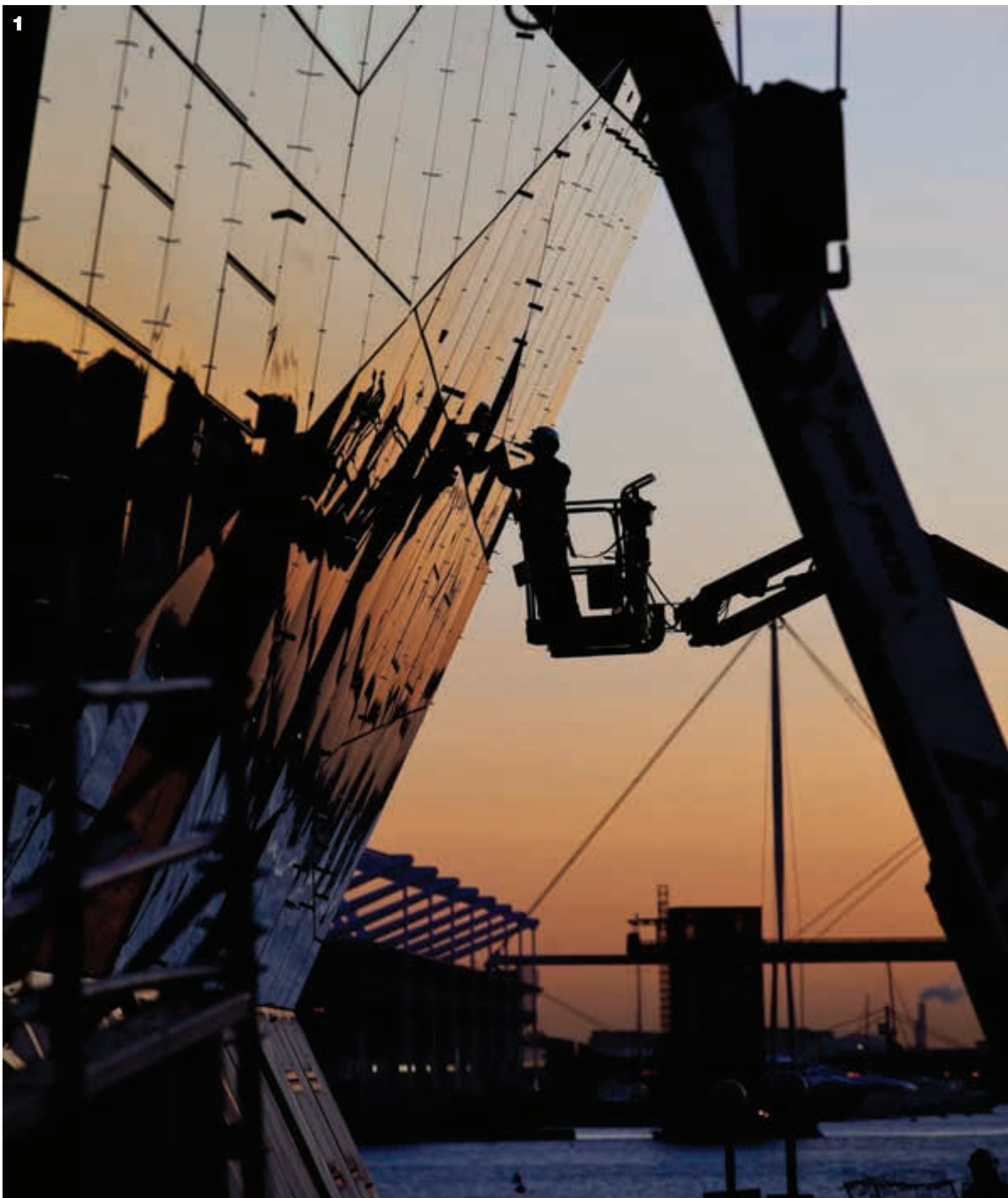
vehicle. The thieves were pursued by the police but escaped.

Newham Police is appealing to anyone who can help identify these males. If you recognise anyone from the images or if you have any information that may help the police, please call the Operation Withern team at East Ham Police Station on 020 8217 6648, or alternatively Crimestoppers on 0800 555 1111. All calls will be treated in the strictest confidence.

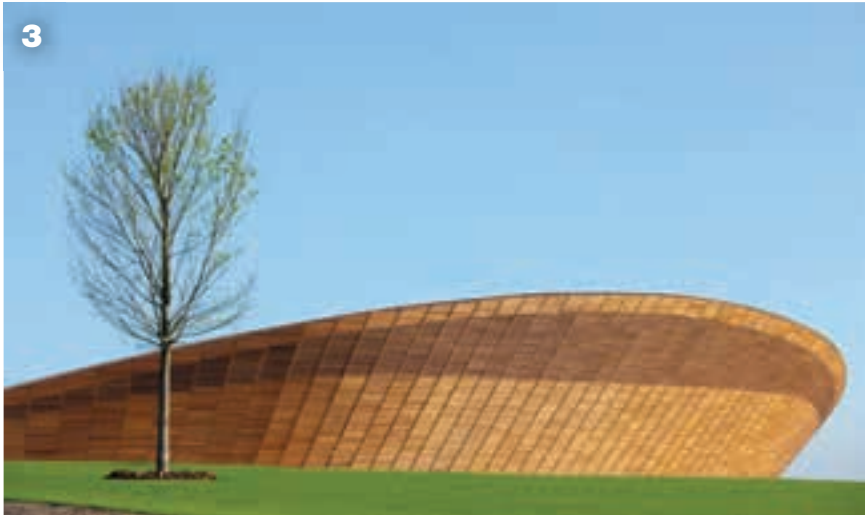


If you have any information on the identity of these people call the police CCTV unit on 020 8217 5453 and quote the reference number alongside the photo. Call Crimestoppers in confidence on 0800 555 111.





Newham in pictures



1 Crystal-clear: sunset over the Docks is reflected in the new Siemens building. **2** Paddle power as a young man enjoys the London Boat Show at ExCeL. **3** The Velodrome gets a new exterior. **4** Red sky at night in Forest Gate. **5** Going for gold: evening light over the Olympic Park.

A Lister

Being well-grounded and lovely does not often go hand in hand with success in Hollywood. But these were words used to describe Newham-born actor Ray Singh, who is currently on the up and up in Tinseltown, when he returned to Lister School. Once a pupil of the Plaistow secondary, the *Grey's Anatomy* actor found a window in his packed diary to visit the school and give drama students the benefit of his experience.



What did you like best about Lister School?

My fondest memories of Lister are drama and English classes. One of my earliest memories of acting was when Tracy Dowling, the drama teacher, put on a song called *Fast Car* by Tracy Chapman and we had to devise a play around its lyrics. Most of the other students did a play about driving flash cars, but my group did a really emotional piece about escaping from an alcoholic father. That was really special – something ignites in

you when you do something creative for the first time.

Was it easy to find work after drama school?

Not exactly – it's felt like one hurdle after another! I got an agent who put me out for auditions for TV shows and adverts. But it wasn't what I wanted to do; doing a one-minute audition after having been on the Tube for an hour was just not working for me, and I felt as though I was doing the same roles over and over. So I

thought: it's time for me to go to LA and try for the bigger roles. I had no idea how to go about it – I'm a Newham boy, I was used to Forest Gate and Stratford. But I had to take the leap of faith, which I did three years ago.

Acting is notoriously hard to get into; was your family supportive?

I was very lucky, because my parents were encouraging. They just wanted me to do what made me happy. But I would advise anyone with ambition, no



matter what it is, not to let anyone else change that. And don't put barriers in your own way – think positively and stay determined.

Do you miss Newham when you're in LA?

LA is great – the sunshine and all the work – but I miss the cultural diversity of Newham. My background is Guyanese and I can't even get that kind of food in LA – I always go back with a suitcase full of scotch bonnet peppers! I walk down Green Street or around Forest Gate and

there's so much colour and vibrancy. There are people from all over the world. Newham really stands out for that.

It must be a very different place now from the one you left.

I can't believe the changes to Newham! I've only been away for three years but everything's different. Westfield has completely changed the face of Stratford. I got my big break on stage at Theatre Royal Stratford East, and giving theatre workshops at Stratford Circus was

extremely significant for me too. Back when I was growing up, these were the main attractions in Stratford, but now there's so much more.

I met Arnold Schwarzenegger at an event in LA recently. When he heard I was from Forest Gate, his face lit up! He shooed away his bodyguards so he could talk to me about how the area looks now. He spent a lot of time training at Wag Bennett's gym on Romford Road. I've promised to take some photos of the area for him before I go back to LA.



Free Olympic Tickets

The Mayor of Newham has secured tickets to the most sought-after London 2012 Games events for residents who have made a difference in Newham.

To nominate and for more information visit
www.newham.gov.uk/inspiringpeople

*Brought to you by the
Mayor of Newham*

Book yourself **in**

While other local authorities are closing down their libraries, we're investing in ours. What better time to celebrate this than on National Libraries Day on Saturday 4 February? If you've not visited your local branch recently come and rediscover these community treasures.

Feel fine about fines

If outstanding fines have been keeping you away from the library we're offering a one-off fines amnesty. Visit your local library on Saturday 4 February we'll clear all your book, audio or visual-related library debts. And if you've lost your card we'll replace it for free, saving you up to £3.

Read all about it

Share your best loved books with other library users. Grab your favourite read, write a short review and we'll display both.

Sign-up and win

If you're not a library member, or know someone who isn't, join up between

Monday 30 January and Saturday 4 February. Not only will you have access to millions of books and countless audio and visual loans, you will be entered into a prize draw where you could win an e-book reader. Drop in to your local branch to find out more.

Bringing stories to life

Each of our libraries holds regular story-telling sessions and in the run-up to National Libraries Day our reading volunteers will be dressed up as popular characters from children's books. Turn to page 34 for full library listings, story-telling session details and library contact addresses. Find out more about National Libraries Day by visiting www.nationallibrariesday.org.uk

Meet The Gruffalo writer

Julia Donaldson, Children's Laureate for 2011-2013 and creator of the one of the most loved children's books, *The Gruffalo*, will be celebrating National Libraries Day at the newly refurbished Canning Town Library on Saturday 4 February. She will be holding an interactive story-telling session for children. To find out more ask at your local library.

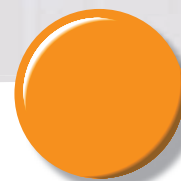


2012 – Let's Get the Party Started NOW

Your cut out and keep guide...

Dates for your diary:

Sat 2 to Tues 5 June	Queen's Diamond Jubilee	Why not make the most of the extended Bank Holiday weekend by organising a street party to celebrate the Jubilee?	Across Newham
Sat 21 July	Olympic Torch Relay and Newham Carnival	Be part of one of the most eagerly awaited aspects of the London 2012 Olympic Games when the Olympic Torch Relay arrives at the Mayor's Newham Show. Followed by the vibrant and lively Newham Carnival.	Central Park, East Ham
Sat 21 and Sun 22 July	The Mayor's Newham Show	Two days of free live music, funfair, sports participation, cabaret entertainment and much more!	Central Park, East Ham
Fri 27 July to Sun 12 August	Olympic Games Live Screens	A unique chance to enjoy the Olympic Games live in your borough. Pack a picnic and join us for some great activities and entertainment.	Stratford Park and Central Park, East Ham
Thurs 23 to Sun 26 August	Under the Stars	Four nights of free outdoor live music.	Central Park, East Ham
Wed 29 August to Sun 9 September	Paralympic Games Live Screens	All the action from the Paralympics beamed live on the giant screens. Pack a picnic and join us for some great activities and entertainment.	Stratford Park and Central Park, East Ham



Start planning your event

Why not celebrate 2012 by organising an event of your own? As part of the Let's Get the Party Started campaign Mayor Sir Robin Wales and councillors are encouraging residents to organise their own events to mark the Olympic year.

Newham hosted a record-breaking number of street parties last year. With the Olympic and Paralympic Games being hosted in our borough and the Queen's Diamond Jubilee extended Bank Holiday weekend at the beginning of June there's never been a better time to bring your community together through an event or street party!

There's no time like the present. Planning your event is easier than you might think. All the information you need can be found online at www.newham.gov.uk/letsgetthepartystarted or email 2012party@newham.gov.uk



The London 2012 Olympic and Paralympic Games will focus the whole world's attention on us and, in true East End style, we will be showing the world that we know how to celebrate. As if a summer packed with world class sports wasn't enough, Mayor Sir Robin Wales is committed to providing even more opportunities for residents to organise, take part in or simply enjoy fabulous free events across Newham.

Highlights will include:

- > The Mayor's Newham Show on Saturday 21 and Sunday 22 July. As well as the usual fun activities, the Olympic Torch will arrive at the show on the Saturday morning and the colourful Newham Carnival will follow it around the streets of East Ham
- > a 25-metre live screen will be erected in East Ham's Central Park and Stratford Park for the duration of the Games. The live screens will offer an opportunity to experience the Games in the heart of your community and be part of the Olympic experience, even if you missed out on tickets.
- > a programme of activities will also be hosted in the parks over the weekends during the Games
- > Under the Stars returns to Central Park, East Ham, from Thursday 23 to Sunday 26 August. Put the dates in your diary and bring the family to enjoy four fantastic nights of free live music.



Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

A LEAGUE OF THEIR OWN

Lloyd Anafi, 19, and Wale Kofo, 18, are friends from Canning Town. They have started a project called SCOUT filming and editing videos to promote young footballers from their community to talent scouts.

Lloyd says: "I study Film and Media Studies and Wale studies Performing Arts Level 3.

"One of the players that used his video as a CV currently has the highest viewed video on our YouTube page and now plays for a Portuguese team called Real Massama."

"Our project started last year January when we watched a football documentary about young kids in South America. It caught our interest and we thought it would be good to film short videos of footballers in our community that had potential, with the aim to get them signed.

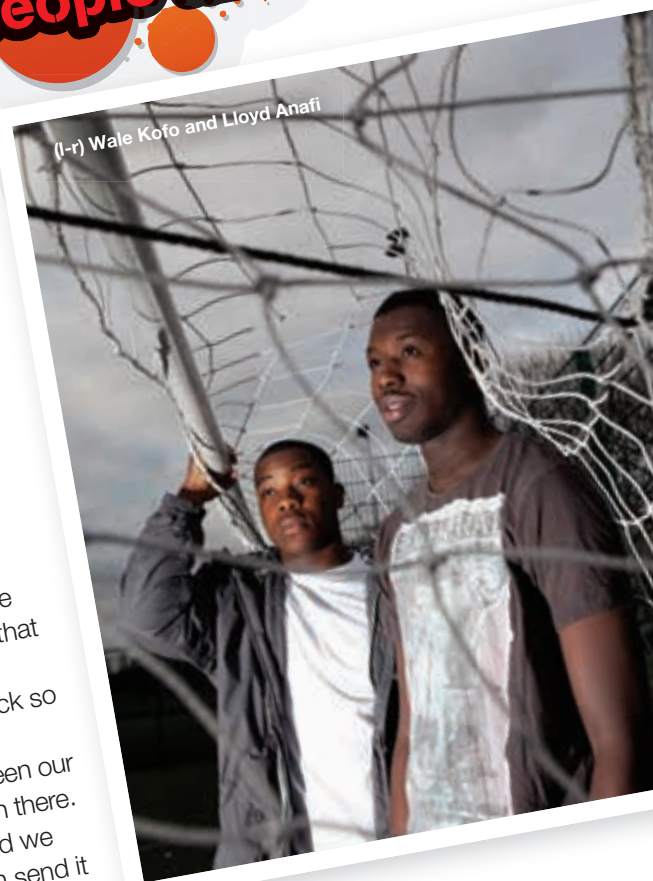
"A month later we released three videos online and received good feedback so we decided to continue from there.

"A lot of the people we promote are friends, others are people that have seen our videos on our Facebook and YouTube pages and have contacted us through there.

"Once we've made a film, we send the videos to clubs and coaches and we broadcast them online. We give the player a copy of the video so they can send it around and use it as a CV.

"One of the players that used his video as a CV currently has the highest viewed video on our YouTube page and now plays for a Portuguese team called Real Massama.

"We see ourselves making SCOUT the middle man between a player and a club. We hope to get sponsored by a major company. At the moment we only base our work around football but we would hope to widen our scope."



(l-r) Wale Kofo and Lloyd Anafi

To find out more about SCOUT go to www.youtube.com/user/involvednetwork or visit their Twitter page [@SCOUTUK](https://twitter.com/SCOUTUK)



NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090



the newham mag

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8.30pm - 9.30pm **Zumba**

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Call Taz Nino on 07830 455 823 or email
bollywoodfuzion@gmail.com

Newham's youth cycle the borough

A group of young residents from Newham's Woodcraft Folk took a long wintry ride through some of the less familiar parts of the borough. Woodcraft Folk is an organisation for children and young people across the UK that dedicates its time to helping people build skills and confidence through a range of activities. The ride covered views of the Beckton Alps and the River Thames. The team was given the opportunity to bond and support each other while sharing their experiences.

Woodcraft Folk member, Arwel Walker, 13, said: "I thought I knew Newham quite well but I never realised how much more there was to see. The day was cold and damp but it was really great once we got going and cycling with my mates was fun too."

To find out more about Woodcraft Folk visit www.woodcraft.org.uk or email suzannah.walker@btinternet.com



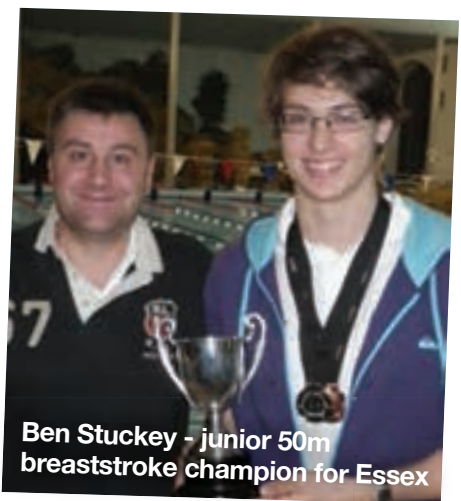
Members of Woodcraft Folk

A stroke forward

Swimming champion and Newham resident Ben Stuckey has high hopes to be Newham's first swimmer in years to qualify for competition at a national level. Ben's regional time is a mere 1.64 seconds off a qualifying time for the national youth championships.

Newham recently took part in the sixth Host Borough Gala at Clissold Lido in Hackney. Swimmers showed strong individual performances including first places by Sarah Hennessey in the girls' under 13 50m freestyle, Shijie Ng in the boys' under 15 100m breast stroke and Freddie Lawrence in the boys' under 15 100m back stroke.

Newham's young swimmers are showing great promise and their futures, along with Ben's, are looking very bright.



Ben Stuckey - junior 50m breaststroke champion for Essex



Cllr Neil Wilson with competitors at Newham Leisure Centre

Three-hundred cheers for Newham

Around 300 pupils competed in Newham's Talent Central Winter Cheer and Dance Showcase at Newham Leisure Centre in Plaistow.

Schools from around the borough were represented at the competition, including two disability cheer teams who showcased skills they had been perfecting over ten weeks.

The event was supported by Plaistow ward councillors Neil Wilson and Forhad Hussain, who helped present trophies to the bronze, silver and gold winners. All participants left with Newham medals and Recorded Outcome certificates to commend them for their commitment and hard work.

CARERS' CORNER

Do you care for a family member, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems?

If you look after someone, whether an adult or child, and are unpaid, you are welcome at the first Newham Carers Forum of 2012, hosted by Newham Carers Network – so why not come along.

The meeting is for all resident carers to attend and get free support and advice.

It will be held at Stratford Advice Arcade, 107-109 The Grove, E15, Tuesday 24 January from 10.30am to 1pm.

For more information call Fatemeh on 020 8519 0800.



Music to lift your mood

St Edmund's Music Group invites you to chase away your winter blues at their first concert of the year.

Enjoy the serene sounds of John Pamenters All Star Seven at St Edmund's Centre, 464 Katherine Road, E7, on Saturday 28 January at 8pm. Tickets are £6 on the door, or £5 for concessions, which include your evening's entertainment and interval wine and refreshments.

Everyone is welcome so spread the word.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Daniyal Afzal, 10



Zaid Bharuchi, 5



Navid Arzo, 7



Naimah Qureshi, 9

Free membership at Stratford Picturehouse

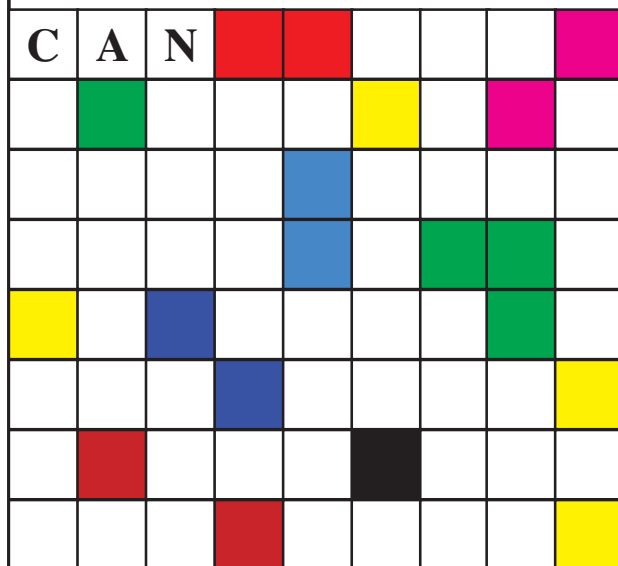
This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordfit



3 letters

DIN
EAR
ELF
EYE
LIT
OWL
ORE
PIG
RAF
WAR

4 letters

ALTO
ARCH
ARIA
CARD
DIES
HAIR
LAID
NOTE
OILY
OVEN
RASH
RIPE
ROTA
WHEN

Poem

The sound

I got out of bed I woke up late,
heard scrapings of a plate,
the humming of a mockingbird,
a person's vomit from what
they ate.

I was in school I fell asleep
woke up again and heard
a child's weep,
I heard the school alarm ring,
and a wild boy sing.

I was on my way back home,
when suddenly what I heard
a little boy doing maths,
and people talking in a café.

Then finally I got back home,
and went to bed all alone.

Dejeann Alleyne, 10

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
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To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

20 JAN – 3 FEB

TRY SOMETHING NEW... VOLUNTEERING MENTOR

Do you want to give something back to your community? Are you unemployed and looking for ways to enhance your job opportunities? Can you contribute a couple of hours to your community outside of work?

Why not get involved with WHEAT Mentor Support Trust where you can be part of the Refugee and Migrant Mentoring Programme. As a mentor, you only need to dedicate two hours of your time a week. You can meet new people, make new friends and gain new skills.

The mentor training programme is ten weeks long with travel expenses covered – places are limited.

Sessions are free to attend and run every Saturday from 10am-12noon at Durning Hall, Earlham Grove, E7.

If you'd like to take part or find out more information call Hailu on 020 8555 5125 or email wheatmst@yahoo.co.uk



ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling

Canning Town

Mon, 10.30-11.30am

Custom House

Tues, 10.15-11.15am

East Ham

Wed, 2-3pm

The Gate

Fri, 11am-12noon

Green Street

Thurs, 10.30-11.30am

Manor Park

Thurs, 10.30-11.30am

North Woolwich

Thurs, 2-3pm

Plaistow

Tues, 11am-12noon

Crafts Club

Manor Park

Tues, 10.30-11.30am

Toy Library

East Ham

Tues, 10am-12noon and Thurs, 10am-12noon

Imaginative Play

East Ham

Fri, 10.30-11.30am

ADULT READING

Adult Reading Groups

Plaistow Thurs 2 Feb, 6.45-7.45pm

OTHER EVENTS

Click-On Computer sessions for over 50s, contact the library to book a place

East Ham Fri, 10am-12noon and 2-4pm

Plaistow Fri, 10am-12noon

and 2-4pm

ICT Surgeries

The Gate Thurs, 10am-12noon

Knit & Natter – craft group for men and women of all ages and abilities

Canning Town

Fri, 10am-12noon

Writers' Group

The Gate Tues 31 Jan, 5.45-7.45pm

Movie Night at The Gate

free showing the film 'The Pianist' (Cert 15) as part of Holocaust Memorial Day.

The Gate Tues 24 Jan, 6pm

'Green Lantern' (Cert.12)

based on DC Comics.

The Gate Thurs 2 Feb, 6pm

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Canning Town Thurs, 4-6pm

Custom House Thurs, 4-6pm

East Ham Mon, 4-6pm

The Gate Tues, 4-6pm

Green Street Tues, 4-6pm

Manor Park Thurs, 4-6pm

North Woolwich

Mon, 3.30-5.30pm

Plaistow Thurs, 4-6pm

Games Clubs – Sony PS3

or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Mon, 3.30-5.30pm

Custom House

Tues, 3.30-5.30pm

East Ham Tues, 3.30-5.30pm

Manor Park Mon, 3.30-5.30pm
Teen Xtra Evenings – Free activities for ages 12-21.
The Gate Thurs, 6-8pm

LIBRARY CONTACTS

Custom House Prince Regent Lane, E16 3JJ.
 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH.
 020 3373 0856

Green Street 337-341 Green Street, E13 9AR.
 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Archives and Local Studies (limited postal and email service only) Phone: 020 3373 6881
 Email: archiveslocalstudies@newham.gov.uk

Community Outreach Services For more info call 020 3373 0813

SPORTS PROGRAMME

Basketball

Youngbloods Basketball

- U12s, mixed
 Sat, 1-3pm, East Ham Leisure Centre, E6.
 - U13/14s, boys
 Mon, 6-8pm, St Angela's School, E7

Tues, 5.30-7.30pm Newham Leisure Centre, E13
 - U14s, girls
 Mon, 4.30-6pm, St Angela's School, E7
 Tues, 5.30-7.30pm, Newham Leisure Centre, E13
 - U15/16s, boys
 Tues, 6-8pm, East Ham Leisure Centre, E6
 Fri, 6-8pm, St Angela's School, E7
 - U17/18s boys
 Tues, 8-9.45pm, East Ham Leisure Centre, E6
 Thurs, 7-9pm, St Bonaventure's School, E7
 Fri, 6-8pm, St Angela's School, E7
 Each session costs £1. Call Caroline on 07958 307 657 for more info.

Football (free)

Mayor's football League
 U12s/U14s, Mon, 4-6pm
 Newham Leisure Centre, Prince Regent Lane, E13

4v4 Football

8-19s, Wed, 5-7pm
 Stratford Park MUGA, West Ham Lane, E15

5v5 Football

8-19s, Fri, 5-7pm
 Royal Victoria Garden, Pier Road, E16

4v4 Football

8-19s, Fri, 5.30-7pm
 Snowhill MUGA, High Street North, E12

5-a-side Tournaments

(First Sat of the month)
 U12s/U14s/U16s, Sat, 10am-1pm
 Plashet Park, Plashet Grove, E7 8-19s, Wed, 7.30-9pm.
 Winsor community MUGA, Manor Way, E6
 For more info call Abul on 020 3373 4119 or getactive@newham.gov.uk

WHU Kickz (free)

Mon, U14s, 4-5.30pm
 - 15+, 5.30-7pm
 West Ham United Community Astro Turf (Beckton), E6
 - 11-18s, 5-8pm
 Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm
 - 15+, 5.30-7pm
 West Ham United Community Astro Turf (Beckton), E6
 - 11-18s, 6-9pm
 Priory Park MUGA, E6
Wed, 11-18s, 5-8pm
 Priory Park MUGA, E6
Thurs, 11-18s, 4-7pm
 Priory Park MUGA, E6
Fri, U14s, 4-5.30pm
 - Girls 11+, 5.30-7pm
 West Ham United Community Astro Turf (Beckton), E6
 - 11-18s, 5-8pm
 Forest Gate Youth Centre, E7

Air Football 16+

Tues, 1-3pm,
 Stratford Park, E15
Fri, 3-5pm, Beckton
 Powerleague, E6. For more info visit www.airfootball.co.uk

Ascension Football Academy

School yrs R-3: 9.30-10.30am
 School yrs 4-7: 10.45-11.45am
 School yrs 8-11: 12noon-1.30pm
 All sessions £2.50
 King George V Park, E16
 For info call Beryl on 020 7511 1232.

Basketball

Newham All Star Sports Academy (NASSA) Junior Programme
 8-11yrs boys/girls



Football

Cumberland School, Oban Close, E13
 Fri, 4.15pm-5.30pm
 U13/14s, Thurs, 4.30-6.30pm and Sat, 10am-12.30pm
 U15s, Thurs, 5.30pm-7.30pm,
 Newham Leisure Centre, 281 Prince Regent Lane, E13
 U16/18s, Mon, 5.30-7.30pm
 Rokeby School, Canning Town E16 4DD

National League

Mon, 6-8pm, U13/14s,
 Rokeby School, Barking Road, E16
Tues, 6-8pm, U15/16s
 Rokeby School, Barking Road, E16
Thurs, 4.30-6pm,
 U13/14s boys, U14s girls,
 Newham Leisure Centre,
 Prince Regent Lane, E13
 6-8pm, U16s, Newham
 Leisure Centre, Prince Regent
 Lane, E13
 6-8pm, U18s, Cumberland
 School, Oban Close, E13

Gifted and Talented

Fri, 4.15-5.30pm
 Cumberland School, Oban
 Close, E13

Basketball Session

Sat, 10am-12noon
 Newham Leisure Centre,
 Prince Regent Lane, E13

Senior Men/Women Programme

Mon, 7.30-9.30pm
 Division 2 Women and Division
 3/4 Men. Rokeby School,
 Canning Town, E16



Homework club



For more info call NASSA on 07947401616

Handball (free)

10-16s, Tues, 3-4.30pm
16+, Fri, 6-8pm
Newham Leisure Centre,
Prince Regent Lane, E13
For more info email aranka.
bekker@newham.gov.uk

Multi sports (free)

Wed, 1-3pm and 5-7pm, 16+
Stratford MUGA, West Ham
Lane, E15
Fri, 5.30-7pm, 8-19s
Snowhill MUGA, High Street
North, E12. For more info call
Abul on 020 3373 4119 or
getactive@newham.gov.uk

Athletics

Sun, 10.30am-12.30pm,
10-19s
Newham Leisure Centre,
Prince Regent Lane, E13
For more info email coral.
nourrice@newham.gov.uk
- Newham and Essex Beagles
Athletics Club, Mon and Wed,
6.30-9pm, 10+
Sun, 10am-1pm. Call 020
7511 4477 or email jacqueline.
ramsden1@btinternet.com

Cricket

Mon, 3.30-5pm, 8-18s
Cumberland School, Oban
Close, E13
League/tournaments (11 Jan
onwards)
Wed, 6-8pm, 8-18s
Lister Community School,
St Mary's Road, E13
For more info call Abul on
020 3373 4119 or getactive@
newham.gov.uk

Boxing

West Ham ABC - community
boxing, 11-19s
Free Olympic style amateur
boxing sessions.
Hathaway Community Centre
Hathaway Crescent, E12
Wed, 7pm
Ascot Community Centre
Hermit Road, E16
Sat, 2pm
Email carl.barton@newham.
gov.uk or call 020 8430 2000
for more info
- West Ham Boys ABC 9+,
boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High
Street, E13. Call Lianne on
020 8472 3614
- Peacock ABC 8+,
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call Martin on
020 7511 3799
- Newham Boys ABC
6+, boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House
141 Church Street, E15
Call Ravinder/Joe
020 8519 5983
- Fight For Peace 11+,
boys and girls
Woodman Street,
North Woolwich, E16
Call Marigold
on 020 7474 0054

Non-contact boxing

Osmani Boxing Club is
open to males aged 8-25,
Fri, 4-6pm, Froud Centre, 1
Toronto Avenue, E12
For more info call 020 7247
8080 or email healthyfutures@
osmanitrust.org
Wed, 7-8pm, 11-19s
Hathaway Community Centre,
Hathaway Crescent, E12
Sat, 2-3pm, 11-19s
Ascot Community Centre,
Hermit Road, E16
For more info email carl.
barton@newham.gov.uk

Hockey

(Plasheet Hockey Club)
Mon, 3-5pm, 8-14s
Kingsford Astro, Kingsford
Way, E6 (by Asda car park)
For more info call Abul on
020 3373 4119 or getactive@
newham.gov.uk

Rugby

Tues, 4-6pm, 10-16s
Memorial Park, Memorial
Avenue, E15. For more info
call Abul on 020 3373 4119 or
getactive@newham.gov.uk

Volleyball

Mon, 3.30-5pm, 11-18s
Royal Docks School, Prince
Regent Lane, E16. For more info
call Abul on 020 3373 4119 or
getactive@newham.gov.uk

Newham Swords (4+)

Tues, 6.30-9pm
Thurs, 6.30-9pm
Fri, 7.30-10pm
The Hub in the grounds of
Newham Leisure Centre, Prince
Regent Lane, E13.
For more info call Linda on
07956 618 898 or visit www.
newhamswords.co.uk

Dare 2 Dance

Free street dance classes for
girls, 14-24s
Fri, 3.30-5.30pm (3.30-
4.30pm Open Technique
Class, 4.30-5.30pm
Choreography Class)
Newham Leisure Centre (New
Indoor Multi Sports Centre),
Prince Regent Lane, E13
For more info call Nicole on
07970 783 526 or email nicole.
napier@newham.gov.uk

Newham Striders

Free, sociable walking group
that go striding in the local area
seven days a week. Visit www.
newham.gov.uk, email paula.
peaty@newham.gov.uk or call
020 8430 2000 for more info

Newham Shoujin Karate

Sessions for beginners:

Wed, 4.30-5.30pm, 4-15,
term time
Thurs, 6-8pm, 16+
Fri, 6-7pm, 4-15 and 7-8pm,
16+
Sun, 10-11am, 4-16+
Newham Leisure Centre,
Prince Regent Lane, E13. For
more info call 07508 070 638
or visit shoujin.co.uk

WCKD Karate & Self Defence Institute

Teaching Freestyle Karate and self defence

All levels including beginners
Children, 5-9 yrs, £3.50 Mons
and Weds, 5-6pm and Sat,
11am-12noon
Juniors, 10-15 yrs, £5 Mons
and Weds 6-7pm and Sat,
12noon-1pm
Maryland Studios, 84-86
Leytonstone Road, Maryland,
Stratford, E15. For more info
call 07535 928297 or email
wuchikwondo@gmail.com

Ramgarhia Badminton Club Adults (Advanced)

Tues, 7-9.30pm
Little Ilford School, Church
Road, Manor Park, E12

Juniors

Fri, 6-7.30pm

Adults (Beginners/ Intermediate)



Fri, 7.30-9.30pm
Langdon School, Sussex
Road, East Ham, E6.
For more info and prices call
Kilvir on 07803 834 037 or email
ramgarhia.bc@gmail.com

Adult Badminton (16+)

All standards welcome.
Sun, 11am-1pm
Froud Centre, Toronto Avenue,
Manor Park, E12
For more info call Hilda on
020 8553 3223 or e-mail
hildasilcock@hotmail.co.uk

Run in England – all £2

Mon, 4-5.30pm, Newham
Leisure Centre E13, meet
on the track. 5.45-6.45pm,
Newham Dockside, E16, meet
at reception

Tues, 6-7pm, Newham Leisure
Centre E13, meet on the track.
12.30-1.30pm, UEL Stratford
campus, E15, meet outside
gate at Water Lane entrance

Wed, 12noon-1pm, Newham
Dockside, Dockside Road E16,
meet at reception

Sat, 10-11.30am, Central Park
E6, meet at the café, Wanstead
Flats, meet at Harrow Road
Changing Pavilion, West Ham
Park E15, meet at south gate
entrance off Portway

Sun, 10am-12 noon, Newham
Leisure Centre E13, meet on
the track

For more info email
oimafidon@runinengland.co.uk
or call 0797 926 1647

East End Road Runners

Free coached sessions for
all abilities
Tues and Thurs, 7pm
Sun, 9am, meet on the track,
Newham Leisure centre,
Prince Regent Lane, E13
For more info call Bisi 0797
926 1647.

Wanstead Flats Parkrun

Free timed 5K run
Sat, 9am
Harrow Road Changing
Pavilion, Wanstead Flats

Playing Fields, E11.
For more info or to register
visit www.parkrun.org.uk/wanstead-flats

Cycling – sessions and guidance

Wed, 11am, 12.15pm and
1.30pm.
Fri, 12.15-2.15pm.
Free, all equipment provided
F13 Waterfront Studios, 1 Dock
Road, E16. For more info call
020 7055 0808 or visit www.careinmind.org.uk

Zumba classes (16+)

Wed, 1-2pm. £4 per session.
Talent Central, Unit 27a,
3 Armada Way, Gallions
shopping centre, E6. For more
info call Gareth on 07854 487
309 or email gareth.aec@gmail.com

Thurs, 7.30- 8.30pm, St
Nicholas Church Hall, Gladding
Road, E12, £5 per class. For
more info call 07720 805 505

Skiptrix Circuit classes

Skiptrix Kids Fun and Games,
8-12, Thurs, 5-6pm, £3 per
session
Skiptrix Circuit Adults, 16+,
Thurs, 6.15-7.15pm, £5 per
session. The Hub, Star Lane, E16
Skiptrix Teens, 13-15, Fri, 5.30-
6.30pm, £4 per session
Grassroots, Memorial Ave, E15
For more info call Neusa on
07904 625 402

FEMALE ONLY ACTIVITIES

Women United FC (11+)

Mon (term time only)
6-7.15pm Kingsford School,
Kingsford Way, E6. Call Shona
on 07968 665 849

Girls spinning sessions

11-16, Mon and Wed,
4-4.30pm. Newham Leisure
Centre, Prince Regent Lane, E13
For more info call 020 7511
4477

Women's gym sessions

Free. 11-16, Tues and Thurs,
3.30-5pm. Newham Leisure

Centre, Prince Regent Lane, E13
Call 020 7511 4477 for info
Female box-fit classes (16+)
Mons, 4.15-5.15pm, Balaam
Leisure Centre, Balaam Street
E13. Call Carl on 020 3373 6034
for info

Girls Football

Mon, 6-7.30pm
U12/14s football tournaments
Kingsford Astro (entrance by
Asda car park) Beckton, E6
For more info call 020 8556
5973.

Female Multi-Sports

Ultimate Frisbee, Cardio
Tennis, Handball, Dodgeball,
Rounders, Netball, Football
and more. 10-16s, 4.30-
6.30pm, Tues, 4.30-6.30pm
Newham Leisure Centre,
Prince Regent Lane, E13.
Fri, 4.15-5.15pm, Little Ilford
Youth Zone, Rectory Road, E12.
For more info call Farrakh 020
8556 5973 or email Farrakh.Khan@locsp.org

Sheila's Yummy

Mummy Buggy (16+)

Mon, 10-11.30am
Central Park, East Ham, E6
(meet outside cafe in the park)
Fri, 10-11.30am, Plashet Park,
Plashet Grove, East Ham, E6.
£2 per session

For more info call Sheila on
07908 614 958 or email
spoleon@aol.com

Get back into Netball

OPA Netball Club sessions.
Tues, juniors, 6-7pm, seniors,
8-9.30pm. £2 per session. Lister
Community School, St Mary's
Road, Plaistow, E13. For more
info call Lesley on 07717 281
529 or email opanetballclub@hotmail.com

Zumba Fitness

Mon, 8-9pm

Hartley Centre, 267 Barking
Road, East Ham, E6 1LB

6.30-7.30pm

Plaistow Park Community
Centre, E13

Wed, 8-9pm

Hartley Centre, 267 Barking
Road, East Ham, E6 1LB

5.30-6.30pm

Old Town Hall, Stratford, E15
Thurs, 7.15-8.15am Old Town
Hall, Stratford, E15

Thurs, 6.30-7.30pm

Plaistow Park Community
Centre, E13

Sun, 6.30-7.30pm

The Well Centre, 49 Vicarage
Lane, East Ham, E6. Classes
are £5 each adults, children £3.
Minimum age 7yrs. For more
info call UnityZumba on 07886
884 573

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for young
wheelchair users 6-22.

Wed and Fri evenings, 6-8pm.
Rokeby School, Barking Road
E16.

For more info call Eda on 07888
085 259

Mon, 4-5.30pm, Eastlea
multi-sports club for SEN &
disabled young people, Eastlea
Community School, E16
Fri, 4-8pm, Newham Leisure
Centre, E13

Ability Club

11-25, Fri, 4.15-6.15pm
Newham Sixth Form College,
Prince Regent Lane, E13
For more info call Paul on
07811 671 082

Wheelchair Basketball

11-19, Wed, 4-5pm
Rokeby School, Barking Road,
E16. For more info call NASSA
on 07947 401 616

Multi-Activities

People with Disabilities Club,
Tues, 10.30am-12.30pm,
Newham Leisure Centre, E13

Family swims for disabled children and adults

Newham Otters Swimming
Club, Sat, Newham Leisure
Centre E13, 4.45-5.45pm
£5 Family Swim, Sun, Balaam



Trampolining

Leisure Centre, E13, 12.30-2pm
For more info call 020 7511 4477

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tues, 1.30-3.30pm. To book an induction you must call Zahra on 020 7511 4477

Multi sports club

Fridays, 4.30-6pm. NewVic, Prince Regent Lane, E13. For more info call 07811 671 082

B1 Football Club

Third Sun of every month, 10am-12noon, East Ham Leisure Centre, E6.
For all of the following sessions call Zahra at GLL on 020 7511 4477.

Free Trampolining sessions

Fri, 4-8pm, Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham Leisure Centre, E6, £1.15 a session

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure Centre, E13, free

OTHER

English Classes

Free courses for those who need to improve their English Language Skills for employment purposes (courses on average 12 weeks). Includes childcare, retail, customer service, employability and business as well as developing relevant ICT skills. Exam fee no more than £30. For more info call 020 3373 8204

Older people's Reference Group

Actively concerned for the welfare and health of the borough's elderly. Meets second Thurs of each month, 12.45-2.45pm East Ham Care Centre (Resource Lab (Ground Floor), Shrewsbury Road, E7. For more info call 020 8821 0862 or visit oprg@ageuknewham.org.uk

Neighbourhood Meetings

Open to all, come and find out about projects in your area
Fife Road meeting, Tues 24 Jan, 6.30pm, Keir Hardie Methodist Church, Fife Road, E16
Keir Hardie meeting, Tues 31 Jan, 6.30pm, River Christian Centre, Vincent Street, E16
For more info call Sam on 020 3373 3538

East and West Ham Pensioners' Association
Campaigning group in defence of pensioners. All pensioners

welcome. Meets on the first Thurs of every month. 2-4pm, East Ham Town Hall, E6.

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Tues 24 Jan

Overview and Scrutiny Committee, 7pm, Committee Room 1

Wed 25 Jan

Licensing (2003 Act) Sub-Committee, 6.30 pm, Council Chamber

Thurs 26 Jan

Newham Partnership Board, 3.30pm, Council Chamber Cabinet, 5pm, Council Chamber

Fri 27 Jan

Newham Partnership, Crime and Disorder Reduction Partnership, 11.30am, Committee Room 1

Mon 30 Jan

Licensing (2003 Act) Sub-Committee, 10.30am, Council Chamber

Wed 1 Feb

Standards Committee, 6pm, Committee Room 2
Audit Board, 7pm, Committee Room 1

Thurs 2 Feb

SACRE, 7pm

MEET THE MAYOR

Speak to Sir Robin Wales 25 Jan

Please call 020 8430 2000 between 9.30 and 10.30am and speak directly to Sir Robin Wales.

Meet Sir Robin

Please arrive promptly at the start of each surgery.

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour – anything that causes your local area to look unsightly or makes other residents' lives unpleasant – call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

28 Jan

Manor Park Local Service Centre, 685-689 Romford Road, Manor Park, E12 5AD, 9-10am

2 Feb

Stratford Local Service Centre, 112-118 The Grove, Stratford, E15 1NS, 12-1pm

Build a foundation – leave a legacy

Social Work Recruitment Day
Friday 10 February, 10am-6pm, Stratford, London

Are you?

- > **An experienced social care practitioner?**
- > **Experienced in children's social care management?**
- > **Passionate about developing your social care career?**

With more than 60% of the London 2012 Olympic and Paralympic Games taking place in Newham, our borough will be at the heart of the Games. The legacy of the Games is all about giving future generations opportunities to enhance their lives. Our social care service is building a legacy of its own based on this vision – to support the generation of today so that future families are stronger, safer, more resilient and independent. Join us and you too will play a key part in this.

On our Recruitment Day, you'll be able to speak to team members and young people from the borough about the exciting challenges that Newham brings. We are a multi-cultural borough with the highest proportion of young people in the country, where 25% of the population is under 15 years old. These challenges offer a fantastic opportunity to further your career.

The London Borough of Newham offers an exciting and dynamic working environment alongside a competitive salary and benefits package.

We have a range of positions for experienced social work practitioners attracting competitive salaries up to £41,610 and £46,050 for management positions with an additional £3k supplement for qualifying staff.

Newham: equal opportunities for all

We'll be holding interviews on the day, so apply online for a place at the event and the opportunity to progress your career to the next level.

Closing date for applications:
5 February 2012

For more information and to apply please visit
**[www.newham.gov.uk/
socialworkercareers](http://www.newham.gov.uk/socialworkercareers)**

IS THERE SOMETHING ON YOUR MIND? YOU CAN MAKE A DIFFERENCE

Call Crimestoppers 24/7 on **0800 555 111** to give information
anonymously on gun and knife crime in Newham.

You could receive a reward of at least **£150** and up to **£1000** if the
information you give to Crimestoppers leads to an arrest and charge.

Make Newham a safe place to live work and stay.